



# Fall/Winter Newsletter 2008

## Special points of interest:

Note from our  
Director of Long  
Term Care  
Greetings from our  
Administrator  
Registered Dietitian

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Issue 1

Fall/Winter 2008

### Note from the Director of Long-Term care

I would like to take this opportunity to introduce myself to you. My name is Paula Mitroff. I have lived in the Espanola area for 38 years. After graduating from Cambrian College in the Nursing Program, I began my career with the Victorian Order of Nurses. There, I did community nursing for almost 10 years. During that time, I also taught at Cambrian College in the Personal Support Worker Program. I have also worked here at ENH in both the acute and emergency departments. My last position was at the Espanola and Area Family Health Team.

It was there that I developed and implemented several programs that served the community. My devotion to a "patient first" philosophy lead me to the Director of Long Term Care position. I am extremely excited to be part of the team at ENH and am dedicated to supporting your loved ones.

**Paula Mitroff**  
Director of Long-Term care

### Sanctuary of Hope

**Ecumenical Services:**  
Thursday 11:00am

**1st Thursday:** Pastor D. Long  
or Reverend. C. Vermeer-  
Cuthbert

**2<sup>nd</sup> Thursday:** Pastor G.  
Clarke

**3<sup>rd</sup> Thursday:** Reverend. P.  
Walmsley  
Remaining weeks will be  
qualified Lay people

**Roman Catholic Mass:**

Friday 11:00am



### Leaves of Absence

**If you are taking your loved one home for holidays, please notify the nurse at least a week in advance so medications will be prepared for your convenience.**

Call to notify the nurse.  
North Wing at 869-1420 Ex 3073 or South Wing at 869-1420 Ex 2074



Staff is available to assist with signing the Leave of Absence book located at the Nurses' station when leaving and returning with a loved one.

**The best gift of all is a visit from you!**

## Registered Dietitian Services

The role of nutrition in elderly care is essential. Proper nutrition can help with disease maintenance and prevention, improve wound healing, promote bowel function and strengthen the immune system. For this reason dietitian services are required fifteen minutes per Resident per month, according to the Long Term Care Standards for Ontario. This equates to 15 hours per month at Espanola Nursing Home. It is difficult to recruit a RD in such a rural area as Espanola. The RD position in Espanola was vacant for a prolonged period of time, potentially affecting the nutritional health of our loved ones.

In the interim of finding a RD to provide on-site nutritional services, Espanola nursing home has the resources and support to obtain satellite nutrition services.

Lorianne Maclean RD from Sydney, Nova Scotia has been contracted to provide clinical nutrition support electronically. This program has been running for approximately 6 months and is working well. There are no other LTC homes that are using a satellite method to provide clinical nutrition services; if the program is successful, Espanola Nursing Home will be a forerunner in the provision of quality nutrition service to clients living in care homes!



### Holiday Meals

If you are interested in joining your family member for **Thanksgiving or Christmas** dinner, please notify the dietary department by **October 6<sup>th</sup>** and **December 15<sup>th</sup>** respectively. Holiday meals will be served to you and your loved one in Trends Café. You can reach the dietary department by calling the hospital and requesting extension 3090.

### Upcoming Events

**October 15 evening: Octoberfest**

**October 29 @ 1:30: Hallowe'en party**

**November 5, 11:00am- Annual Bazaar & Bake sale located at Queensway foyer**

**December: Christmas Party**

**(Contact Rona at 869-1420 ext. 3074)**

*Do not forget to check the calendar of events, you are welcome to join us!*



## Greetings from the Administrator



As we head into fall and winter, we are reminded of significant holidays that occur during this season. Both Thanksgiving and Christmas are times that bring families together with friends and loved ones to celebrate and give thanks for all we have. At ENH, we are thankful for the dedicated staff that cares for our families and residents. I am impressed every day with the enthusiasm and compassion of staff...they truly do consider our residents as "family". This is not just my observation, as it is continually recognized by the many guests who visit our facility.

Aside from enjoying a very safe, cheerful and clean building, our residents take part in many stimulating social activities to help liven up their day. I have personally enjoyed participating in some of these events. It is comforting to see so many smiles on the faces of seniors and to witness firsthand their eager participation. Whether it is working on crafts or attending events such as the Hawaiian Luau, Sock Hop, Fashion Show and many many more, our residents are having a great time. For ALL of the staff, volunteers and family who help make these events a reality, we are extremely thankful!!

**Ray Hunt, Administrator of Espanola Nursing Home**

### Resident's Corner



"My father always said, If you can't say anything good about anyone—don't say anything at all."

Edith & Gladys

### Social Services

**Alzheimer's Support** group meet on a monthly basis at the Espanola Nursing Home. Family and friends welcomed. For further information please contact Phyllis at 869-1420 extension 3590.

### Physiotherapy

#### Top Five List of Benefits of Exercise for Older Adults

1. Helps maintain independence and reduces the risk of falling and fracturing bones.
2. Increases energy and helps older adults perform daily routines with greater ease.
3. Helps control joint swelling and pain associated with arthritis.
4. Helps maintain healthy bones, muscles and joints.
5. Reduces constipation.

### Notes from Infection Control Department

**Cold and flu season is approaching. Influenza or the flu is a chest infection that can be very harmful to elderly people, even those who have had a flu shot. The symptoms may include cough, nasal congestion, sore throat, headache, loss of appetite, chills, and fever as well as generally not feeling well.**

Other illnesses and infections that easily transmit to our residents are those illnesses known as 'gastroenteritis' or just 'gastro'. Symptoms are vomiting and diarrhea. It is very important that you **not** visit our nursing home when you are feeling unwell. Our residents are much more susceptible to illness for many reasons. We recognize that it is very difficult to be separated from your family, especially during the holiday season, but your visits will be much more enjoyable when you are well and you can rest easily knowing you have not put your loved one at risk.

**ESPANOLA NURSING  
HOME**

825 McKinnon Drive  
Espanola, Ontario  
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Phone: 705-869-1420  
Fax: 705-869-5623

We're on the Web!  
Visit us at  
[www.esphosp.on.ca](http://www.esphosp.on.ca)

Code of Ethics

Entrusted with the care of the sick, the frail their families and friends and having a unique obligation to serve together with compassion, integrity and excellence, we are committed to:

- Respecting the dignity of all persons
- Protecting the vulnerable
- Working together for the common good
- Fostering ethical decision-making

“Caring People Caring for People”

*Espanola Nursing Home*

*Family Tree*



**Administrator**– Ray Hunt

**Director of Long Term Care**- Paula Mitroff extension 3019

**North wing**- 869-1420 extension 3073

**South wing**- 869-1420 extension 2074

**Spiritual Care Coordinator**- Donna Vermeersch extension 3094

**Food Service manager**- Jody Pilon extension 3090

**Physiotherapy**- Mike Mercieca & Janice Wright extension 3561

**Activities Department** – Rona Morin & Kelly Yusko extension 3074

**Infection Control**– Judy Pogue extension 3048

**Environmental Services**- Eric Parlowe extension 3122

**Social Service Department** - Phyllis Paradis extension 3590

*From our family to yours, ‘Happy Thanksgiving and Season’s Greetings!’*